

**From the Facebook fan page:  
 Mary Help of Christians Chinese Catholic Parish, Edmonton**

The tomb of St John of the Cross at Segovia in Spain/  
 聖十字若望在西班牙Segovia的棺木。

The saint named Mystical Doctor of the Church is by consensus a master of the highest union with God through contemplation. His thesis is that the strongest and deepest union with God can never come mainly through 1) sensations, 2) emotions, 3) imagination, or 4) reasoning. This self-forgetting experience of the Holy Spirit comes in the form of a general, loving awareness of God in the deepest centre of the soul. In this experience, the soul thinks the thoughts of God, speaks the words of God and does the work of God. According to the saint, the soul becomes God even in this life by participation in God. There can be moral but not absolute certainty that such a soul will never commit a mortal sin after stability in this union.

主日彌撒捐獻  
**Sunday Collections**  
 十二月十四日及十五日  
**December 14 & 15**

主日彌撒捐獻 Sunday Collection	\$2,200.40
特別捐獻 Special Offering	\$ 85.00
堂區還款基金 Loan Repayment	\$3,616.00
Edmonton Christmas Bureau	\$ 607.30

主任司鐸: 曾若瑟神父 Pastor: Rev. Joseph Tsang

二零一三年十二月二十二日 將臨期第四主日 December 22, 2013

**從臉書粉絲專頁：加拿大愛民頓瑪利亞進教之佑天主堂**

當代神學家的共識: 約兩千年來, 最重要的默觀祈禱靈修聖師是聖衣會改革會祖聖十字若望。他說神不可主要在 1) 感官, 2) 感情, 3) 幻想 或 4) (推理) 思想與我們最合一。我們是在靈魂最深處, 在不具體和愛的察覺 (general, loving awareness) 中可與神最合一。這是一種忘我的聖神經驗。與神這樣結合的人可想神的思想, 講神的話, 做神的事。他們此生已分享神的本性, 也有相對, 但非絕對, 把握不會犯大罪或重罪。



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## 二零一四年堂區堅振班

二零一四年堂區堅振班現已接受報名，開課日期為一月五日，凡年滿十二歲，就讀 **grade 6** 或以上之兒童，均可報名參加，請到詢問處領取報名表，同時留下姓名及電話號碼，以便導師與各位家長聯絡，表格填妥後可以交回辦事處。

## 堂區還款基金

在這將臨期內，但願我們都能夠繼續以實際的行動，回應天父，請慷慨捐助堂區還款基金，捐款請用特備的捐獻信封。

## 聖誕子夜茶會

堂區於十二月廿四日聖誕子夜彌撒後，在禮堂舉行茶會。特此呼籲大家預備一份糕餅小食，到時在茶會中彼此分享，食物可於當晚彌撒前交到廚房。並懇請各位帶同親友來參與彌撒及茶會。

## 「聖誕及新年」彌撒時間表

堂區慶祝「聖誕及新年」彌撒時間表經已張貼於堂區各處及刊印於堂區通訊內，請各位留意及出席。

## 2014年捐獻信封

2014年捐獻信封已經準備妥當，請教友於彌撒後到圖書館領取。

## 除夕聯歡晚宴

堂區除夕聯歡晚宴，繼續接受餐券預訂，晚宴地點為喜萬年酒家，當晚將會有現場樂隊演奏，及豐富節目，座位有限，欲免向隅，請從速到詢問處預訂餐券。

## Parish Confirmation Class

The Parish Confirmation Class is going to start on Jan 5, 2014. Children who are 12 or older studying in grade 6 or higher, are welcome to join. Registration forms are available at the Information Desk. Please leave your name and a contact number, so that the instructor can contact you. Completed forms can be dropped off at the Parish Office.

## Parish Loan Repayment

For this Advent, may we all continue take action to share. Please give donation to support our loan repayment. You can use the envelope specially designed for this intention.

## Christmas Eve Tea Party

There will be a tea party after the Christmas Midnight Mass on December 24. Everyone is welcome to come. Please bring some goodies to share. Food can be dropped off at the kitchen before Mass. Please invite your friends and relatives to join us for the Mass and the Tea Party.

## Christmas & New Year Mass Schedule

The Christmas & New Year Mass schedule has been posted and is included in this Parish Newsletter.

## 2014 Offertory Envelopes

The 2014 Offertory Envelopes are ready. Please pick them up after mass in the Library.

## New Year's Eve Party

Ticket reservation for our parish New Year's Eve party at Cha for Tea Palace is still going at the Information Desk. There will be live music and performance for the evening. Book your tickets early and don't miss this.

## 彌撒時間:

星期六下午四時卅分 (粵語)  
星期日上午九時卅分 (英語)  
上午十一時 (粵語)  
下午二時卅分 (國語)

平日彌撒: 星期一、星期三及星期五上午十一時  
星期二及星期四下午五時卅分  
彌撒後明供聖體半小時與聖體降福

每月首星期五:  
上午十時至十一時 明供聖體及聖體降福  
上午十一時 耶穌聖心彌撒

## Mass Schedule:

Saturday 4:30 p.m. (Cantonese)  
Sunday 9:30 a.m. (English)  
11:00 a.m. (Cantonese)  
2:30 p.m. (Mandarin)

Weekday Masses: Monday, Wednesday & Friday 11:00 a.m.  
Tuesday & Thursday 5:30 p.m.

After mass: Adoration of the Blessed Sacrament for ½ an hour and Benediction

First Friday of every month:  
10:00 to 11:00 a.m. Adoration of the Blessed Sacrament & Benediction  
11:00 a.m. Mass of the Sacred Heart of Jesus

## 2013 聖誕節及2014 新年彌撒時間

12月24日 星期二	耶穌聖誕節子夜感恩祭	晚上九時正 (粵語)
12月25日 星期三	耶穌聖誕節日間感恩祭	上午九時半 (英語) 上午十一時 (粵語) 下午二時半 (國語)
12月31日 星期二	除夕謝主感恩祭 (天主之母瑪利亞節日提前感恩祭)	下午四時半 (粵語)
2014年1月1日 星期三	天主之母瑪利亞節日感恩祭 (是日為當守節日信友有責任參與)	上午九時半 (英語) 上午十一時 (粵語) 下午二時半 (國語)

## Mass Schedule for Christmas 2013 & New Year 2014

December 24 Tuesday	Christmas Midnight Mass	9:00 P.M. (Cantonese)
December 25 Wednesday	Christmas Mass during the Day	9:30 A.M. (English) 11:00 A.M. (Cantonese) 2:30 P.M. (Mandarin)
December 31 Tuesday	New Year's Eve Thanksgiving Mass	4:30 P.M. (Cantonese)
January 1, 2014 Wednesday	Mary, the Holy Mother of God (Solemnity, Day of Obligation)	9:30 A.M. (English) 11:00 A.M. (Cantonese) 2:30 P.M. (Mandarin)